

Produce
Quick Reference Guide
For detailed guidelines,
refer to the agency
administering the
program.

Administered by:



See Notes 1,2



[Iowa Department of Public Health](#)



Food Assistance (SNAP) 1,3



[Iowa Department of Human Services](#)



WIC & Senior Farmers Market
Nutrition Programs 1,4,5,6



[Iowa Department of Agriculture and
Land Stewardship](#)

Apples	✓	✓	✓
Apricots	✓	✓	✓
Artichokes	▲	✓	
Asparagus	✓	✓	✓
Avocados	▲	✓	
Bananas and Plantains	▲	✓	
Beans	✓	✓	✓
Beets	✓	✓	✓
Berries	✓	✓	✓
Bok Choy	✓	✓	✓
Broccoli	✓	✓	✓
Brussels Sprouts	✓	✓	✓
Cabbage	✓	✓	✓
Carrots	✓	✓	✓
Cauliflower	✓	✓	✓
Celery	✓	✓	✓
Cherries	✓	✓	✓
Coconut	▲	✓	
Cucumbers	✓	✓	✓
Currants	✓	✓	✓
Dragon fruit	▲	✓	
Edamame	✓	✓	✓
Eggplant	✓	✓	✓
Grapefruit	▲	✓	
Grapes	✓	✓	✓
Greens	✓	✓	✓
Guava	▲	✓	
Jicama	▲	✓	
Kale	✓	✓	✓
Kiwi	▲	✓	
Kohlrabi	✓	✓	✓
Leeks	✓	✓	✓
Lemons	▲	✓	
Lettuce	✓	✓	✓
Lychees	▲	✓	
Limes	▲	✓	
Mangoes	▲	✓	
Melons	✓	✓	✓
Nectarines	▲	✓	
Okra	✓	✓	✓
Onions	✓	✓	✓
Oranges	▲	✓	
Papaya	▲	✓	
Parsnips	✓	✓	✓
Passion fruit	▲	✓	
Peaches	✓	✓	✓
Pears	✓	✓	✓
Peas	✓	✓	✓

			
Peppers	✓	✓	✓
Persimmons	✓	✓	✓
Plums	✓	✓	✓
Pomegranates	▲	✓	
Potatoes	✓	✓	✓
Pumpkins	✓	✓	✓
Radicchio	✓	✓	✓
Radishes	✓	✓	✓
Rhubarb	✓	✓	✓
Rutabaga	✓	✓	✓
Shallots	✓	✓	✓
Spinach	✓	✓	✓
Squash	✓	✓	✓
Star fruit	▲	✓	
Sweet Corn	✓	✓	✓
Sweet Potato	✓	✓	✓
Swiss Chard	✓	✓	✓
Tomatillos	✓	✓	✓
Tomatoes	✓	✓	✓
Turnips	✓	✓	✓
Watercress	✓	✓	
Yams	✓	✓	✓
Zucchini	✓	✓	✓
Nuts		✓	
Basil		✓	✓
Chives		✓	✓
Cilantro		✓	✓
Dill		✓	✓
Garlic		✓	✓
Mint		✓	✓
Oregano		✓	✓
Parsley		✓	✓
Rosemary		✓	✓
Sage		✓	✓
Tarragon		✓	✓
Thyme		✓	✓
Food Bearing Plants		✓	
Food Bearing Seeds		✓	

▲ Indicates item can be purchased with the WIC cash value voucher check only at an authorized grocery store.

NOTE:

1. Decorative or ornamental pumpkins cannot be purchased with WIC, SNAP, FMNP, or SFMNP benefits.
2. Only fresh and/or frozen non-processed item can be purchased with WIC benefits.
3. Hot prepared food or drink not allowed for purchase with SNAP benefits.
4. Potato refers to common or white potatoes and its derivatives and cultivars.
5. Locally produced, pure, unpasteurized honey is eligible with SFMNP vouchers.
6. Only fresh, unprocessed and locally grown produce can be purchased with FMNP or SFMNP vouchers.